FOR IMMEDIATE RELEASE

RAMSEY PRESS BEGINS PRESALES OF NEW BOOK BY

#1 NEW YORK TIMES BEST-SELLING AUTHOR RACHEL CRUZE

Expert Gives Seven Essential Money Habits in New Book *Love Your Life, Not Theirs*

NASHVILLE, Tenn., April 18, 2016 – *Love Your Life, Not Theirs*, published by Ramsey Press and authored by personal finance expert and *New York Times* best-selling author Rachel Cruze, is now available for preorder. In her new book, Cruze walks readers through seven essential money habits that will change the way they think about money and allow them to live the lives they want without being buried under the weight of debt, stress and worry. Published by Ramsey Press, *Love Your Life, Not Theirs* (ISBN: 978-1-9370-7797-6) will release October 3, 2016 and will retail for $24.99.

"Social media has made 'the Joneses' more present than ever and comparing our lives to others far too easy," says Cruze. "In fact, comparing ourselves to others may be the most damaging money habit we have. The truth is, many people are struggling with their money, but we don't always see that side of the picture. When you quit comparing and begin reframing your view of money, your money habits will start to change."

In this powerful follow-up to her #1 *New York Times* best-selling book *Smart Money Smart Kids*, Cruze provides practical tips to move past the need to compare yourself to others so you can take control of your money and take steps to live, and *love*, the life you want. *Love Your Life, Not Theirs* addresses the power of habits and the importance of developing new habits like steering clear of debt, making a plan for your money, talking about money (even when it's hard), saving like you mean it, thinking before you spend and giving a little until you can give a lot.

Cruze is a seasoned communicator, speaking to groups as large as 10,000 for more than a decade. The daughter of Dave Ramsey, she joined Ramsey Solutions in 2010 and uses the knowledge and experiences from growing up in the Ramsey household to educate others on the proper way to handle their money wisely and stay out of debt.

Those who preorder *Love Your Life, Not Theirs* will receive more than $70 in free bonus items. For more information about Rachel Cruze or *Love Your Life, Not Theirs*, go to www.RachelCruze.com.

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About Ramsey Press

Ramsey Press, a subsidiary of Ramsey Solutions, is a publisher of non-fiction books across all formats, as well as children's books and other

published materials. Ramsey Press is dedicated to providing common interest pieces that are practical and informative for all consumers. Among the many books and products published is Dave Ramsey's number-one *New York Times* best-selling book *Smart Money Smart Kids.*

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